

## Handout 4.1: *Menu Criteria Windowpane*

Refer to Handout 1.1: *Criteria of the HealthierUS School Challenge* to identify the criteria each picture represents. Record ideas in the windowpane.

		
		
		

## Handout 4.2: *Sample Weekly Menus*

Basic Philosophy of the HealthierUS School Challenge: *All Children Should Have the Opportunity to Select a HealthierUS School Challenge Menu.*

Sample Menu 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna Green Beans Bread Sticks Salad Bar Cherry Cobbler Choice of Milk	Roast Turkey w/ Gravy Candied Yams WW Roll Salad Bar Fresh Apple Wedges Choice of Milk	Grilled Chicken Nuggets Mashed Potatoes Green Peas Salad Bar Cookie Choice of Milk	Beef Tacos Spanish Rice Corn Salad Bar Applesauce Choice of Milk	Fish Filet on WW Bun Baked French Fries Salad Bar Orange Sections Choice of Milk

Sample Menu 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Steak Steamed Rice Raw Broccoli w/ Dip Fruit Cocktail Choice of Milk <b>OR</b> Bagged Lunch: - PB & J Sandwich on WW Bread - Celery Sticks - Fresh Orange Choice of Milk	Oven Baked Chicken Sweet Potatoes Green Peas WW Roll Choice of Milk <b>OR</b> Bagged Lunch: - PB & J Sandwich on WW Bread - Carrot Sticks - Fresh Orange Choice of Milk	Hamburger on Bun Lettuce, Tomato, & Pickle Cup Baked Beans Canned Peaches Choice of Milk <b>OR</b> Bagged Lunch: - PB & J Sandwich on WW Bread - Carrot Sticks - Fresh Orange Choice of Milk	Spaghetti w/ Meat Sauce Green Beans Bread Stick Fruit Cocktail Choice of Milk <b>OR</b> Bagged Lunch: - PB & J Sandwich on WW Bread - Green pepper Sticks - Fresh Orange Choice of Milk	Cheese Pizza Corn on the Cobb Tossed Salad w/ Romaine Apple Wedges Choice of Milk <b>OR</b> Bagged Lunch: - PB & J Sandwich on WW Bread - Carrot Sticks - Fresh Orange Choice of Milk

## Handout 4.2: *Sample Weekly Menus (continued)*

Sample Menu 3				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice of Entrée:</b> Hamburger on WW Bun Grilled Chicken Nuggets  <b>Choice of 2:</b> Green Peas Lettuce, Tomato & Pickle Cup Orange Sections  <b>Choice of Milk</b>	<b>Choice of Entrée:</b> Cheese Pizza Beef Stew w/ Brown Rice  <b>Choice of 2:</b> Banana Half Baked French Fries Spinach Salad Fruit Cocktail  <b>Choice of Milk</b>	<b>Choice of Entrée:</b> Chicken Nuggets Spaghetti w/ Meat Sauce  <b>Choice of 2:</b> Mashed Potatoes w/ Gravy Tossed Salad w/ Romaine WW Roll Apple Wedges <b>Choice of Milk</b>	<b>Choice of Entrée:</b> Cheeseburger on WW Bun Chef Salad w/ Crackers  <b>Choice of 2:</b> Baked French Fries Corn Lettuce, Tomato, & Pickle Cup Baked Beans  <b>Choice of Milk</b>	<b>Choice of Entrée:</b> Chili w/ Brown Rice Beef a Roni w/ Bread Sticks  <b>Choice of 2:</b> Carrot & Raisin Salad Potato Tots Green Beans Peaches  <b>Choice of Milk</b>

*These sample menus were adapted from actual menus submitted for the HealthierUS School Challenge and contain menus of both food-based and nutrient-based menu planning approaches. Some of the days may lack sufficient food items for a food-based approach.*

## **Handout 4.3: *Evaluating the Sample Weeks' Menus***

### **Menu No. 1:**

1. What are the choices for students in this menu?
2. Are there adequate whole grains in this week for the Golds or Silver/Bronze Awards?  
Is there a variety of whole grains?
3. How could the menu be modified to offer more whole grains?
4. Do all students have the opportunity to select a lunch that meets the HUSSC criteria?

### **Menu No. 2**

1. On Monday, if a child selects the Salisbury Steak menu, will they be able to select a whole grain?
2. If a child selects the PB&J bag lunch on Monday will they be able to select a dark green or orange vegetable?
3. If a child selects the PB&J bag lunch every day, will they meet the vegetable and fruit criteria?
4. Are there any dry beans or peas offered this week?
5. Do all students have the opportunity to select a lunch that meets the HUSSC criteria?

## **Handout 4.3: *Evaluating the Sample Weeks' Menus*** **(Continued)**

### **Menu No. 3**

1. Throughout the week, are there different vegetables offered each day? Circle a different vegetable each day.
  
2. Throughout the week, how many dark green and orange vegetables are offered? Circle these.
  
3. Would they qualify for a Gold award for the Vegetable criteria?
  
4. Throughout the week, how many whole grains are offered? How many varieties? Circle the whole grains on the menu.
  
5. Throughout the week, is a different fruit offered each day? Circle the different fruits.
  
6. Are there any dry beans or peas offered? Circle them.
  
7. On Wednesday, which sides have you already circled?
  
8. Do all children have the opportunity to select a lunch that meets the HUSSC criteria?

## Handout 4.4: *Sample Menus 4 and 5*

### Sample Menu 4: September 22-26, 2008

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Pork (2 oz) w/ Gravy OR Ground Beef (1 oz) w/ Lentils (1/2 cup)	Chicken Patty (2 oz) on Whole Wheat Bun (2 oz) OR Rib-B-Q (2 oz) on Whole Wheat Bun (1 oz)	Ham (1 oz) & Cheese (1 oz) Hoagie Sandwich (2 oz) OR Turkey (2 oz) Sandwich on Whole Wheat Roll (2 oz)	Macaroni & Cheese (1.5 oz cheese, 1/2 cup pasta)/1/2 Peanut Butter (.5 oz) and Jelly Sandwich OR Beef and Cheese Enchilada (2.5 oz) w/ Whole Wheat Tortilla(1 oz)	Double Cheese Whole Grain Pizza (5 oz) OR Baked Fish Sticks (2 oz)
Choice of 3:	Choice of 3:	Choice of 3:	Choice of 3:	Choice of 3:
Mashed Potatoes (1/2 c) Green Beans (1/2 c) Shredded Lettuce and Tomato (1/4 c) Whole Wheat Roll (2 oz) Fresh Apple	Tater Wedges (1/2 c) Carrot Sticks (1/2 c) w/ Dip Fruit Sorbet (equals 1/4 c fruit) Cookie (1 ea)	Potato Salad (1/2 c) Celery Sticks (1/4 c) Tossed Salad w/Romaine (1/2 c) Canned Peaches (1/2 c)	Green Beans (1/2 c) Green Peppers w/ Dip (1/4 c ea) Orange Wedges (1/2 c) Apple Crisp (1/2 c)	Corn (1/2 c) Tossed Salad (1/2 c) Applesauce (1/4 c) Animal Crackers (1 oz)
Milk – Chocolate Skim or 1% White	Milk – Chocolate Skim or 1% White	Milk – Chocolate Skim or 1% White	Milk – Chocolate Skim or 1% White	Milk – Chocolate Skim or 1% White

*These sample menus were adapted from actual menus submitted for the HealthierUS School Challenge and contain menus of both food-based and nutrient-based menu planning approaches. Some of the days may lack sufficient food items for a food-based approach.*

## Handout 4.4: *Sample Menus 4 and 5 (Continued)*

### Sample Menu 5: November 10-14, 2008

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Cheese (2 oz) Sandwich w/ Vegetable Soup (1/2 c) (green beans, tomato, carrots, celery, potato, celery, navy beans) OR Chicken Nuggets (2 oz)  <i>Choose any of the            following:</i>  Mashed Potatoes w/ Gravy (1/2 c) Broccoli (1/2 c) Orange Smile Wedges (1/4 c) Harvest Whole Wheat Roll (2 oz)  Choice of low-fat and fat- free milks	Corndog (2 m/ma; 1 G/B) OR Cheeseburger (2 oz) on Whole Wheat Bun (2 oz)  <i>Choose any of the            following:</i>  Tomato, Lettuce and Onions (1/4 c) Tater Tots (1/2 c) Assorted 100% Fruit Juices (6 oz) Chilled Peach & Pear Salad (3/8 c)  Choice of low-fat and fat- free milks	Country Steak (2 oz) w/ Fat-free Gravy OR Turkey (2 oz) w/ Gravy  <i>Choose any of the            following:</i>  Potatoes O'Brien (1/2 c) Glazed Carrots (1/4 c) Applesauce (1/2 c) Fresh Kiwi (1/4 c) Whole Wheat Bread (1 oz)  Choice of low-fat and fat- free milks	Cheese Pizza OR Chicken Parmesan Sandwich on Whole Wheat Bun (2 oz)  <i>Choose any of the            following:</i>  Tossed Salad w/ Romaine (1/2 c) Baked Beans (1/2 c) Canned Apricots (1/4 c) Orange Juice (6 oz) Cookie (1 ea)  Choice of low-fat and fat – free milks	Fish (2 oz) Sandwich on Whole Wheat Bun (2 oz) OR Oven Baked Chicken (2 oz)  <i>Choose any of the            following:</i>  Sweet Potatoes (1/2 c) Corn Cobette ((1/4 c) Salad w/ Fresh Spinach (1/2 c) Banana (1/2 medium) Dinner Roll (2 oz)  Choice of low-fat and fat- free milks

*These sample menus were adapted from actual menus submitted for the HealthierUS School Challenge and contain menus of both food-based and nutrient-based menu planning approaches. Some of the days may lack sufficient food items for a food-based approach.*

# Handout 4.5: Lunch Menu Worksheet – GOLD or GOLD Award of Distinction



OMB Control No.: 0584-0524  
Expiration Date: 03/31/2010

## HealthierUS School Challenge Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet ☐ Gold Award ☐ Gold Award of Distinction

Dates Week 1 Menu served:

Week 1			
Menu Planning Approach <input type="text"/> Enhanced-Mod. for the majority of children ▼			
LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
<b>Vegetables:</b> Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> <a href="#">more info.?</a>	M <input type="text"/> T <input type="text"/> W <input type="text"/> T <input type="text"/> F <input type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
<b>Dark green or orange vegetables:</b> Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. At least ¼ cup servings are required). <a href="#">more info.?</a>	M <input type="text"/> T <input type="text"/> W <input type="text"/> T <input type="text"/> F <input type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
<b>Cooked dry beans or peas (legumes):</b> Offer at least 1 serving per week. At least 1/4 cup serving required. <a href="#">more info.?</a>	M <input type="text"/> T <input type="text"/> W <input type="text"/> T <input type="text"/> F <input type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
<b>Fruits:</b> Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> <a href="#">more info.?</a>	M <input type="text"/> T <input type="text"/> W <input type="text"/> T <input type="text"/> F <input type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
<b>Fresh fruit:</b> Offer fresh fruit at least 2 days a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M <input type="text"/> T <input type="text"/> W <input type="text"/> T <input type="text"/> F <input type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
<b>Whole grain foods:</b> Offer at least 1 serving of whole grain food every day, and may not be the same one each day. <a href="#">more info.?</a>	M <input type="text"/> T <input type="text"/> W <input type="text"/> T <input type="text"/> F <input type="text"/>	M <input type="text"/> g ▼ T <input type="text"/> g ▼ W <input type="text"/> g ▼ T <input type="text"/> g ▼ F <input type="text"/> g ▼	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?

☐ YES ☐ NO

2. Does this week's menu meet the HUSSC menu criteria?

☐ YES ☐ NO

School

Gold Award / Gold Award of Distinction Application 4

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# Handout 4.5: Lunch Menu Worksheet – GOLD or GOLD Award of Distinction

OMB Control No.: 0584-0524  
Expiration Date: 03/31/2010



## HealthierUS School Challenge Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet ☐ Gold Award ☐ Gold Award of Distinction

Dates Week 2 Menu served:

### Week 2

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
<b>Vegetables:</b> Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> <a href="#">more info.?</a>	M <input type="text"/> T <input type="text"/> W <input type="text"/> T <input type="text"/> F <input type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
<b>Dark green or orange vegetables:</b> Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. At least ¼ cup servings are required). <a href="#">more info.?</a>	M <input type="text"/> T <input type="text"/> W <input type="text"/> T <input type="text"/> F <input type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
<b>Cooked dry beans or peas (legumes):</b> Offer at least 1 serving per week. At least 1/4 cup serving required. <a href="#">more info.?</a>	M <input type="text"/> T <input type="text"/> W <input type="text"/> T <input type="text"/> F <input type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
<b>Fruits:</b> Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> <a href="#">more info.?</a>	M <input type="text"/> T <input type="text"/> W <input type="text"/> T <input type="text"/> F <input type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
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<b>Whole grain foods:</b> Offer at least 1 serving of whole grain food every day, and may not be the same one each day. <a href="#">more info.?</a>	M <input type="text"/> T <input type="text"/> W <input type="text"/> T <input type="text"/> F <input type="text"/>	M <input type="text"/> g ▼ T <input type="text"/> g ▼ W <input type="text"/> g ▼ T <input type="text"/> g ▼ F <input type="text"/> g ▼	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?

☐ YES ☐ NO

2. Does this week's menu meet the HUSSC menu criteria?

☐ YES ☐ NO

School

Gold Award / Gold Award of Distinction Application 5

**Reminder  
Save  
Your  
Work!**

Please check when this page is completed. ☐